CABBAGE

DID YOU KNOW?

There are many types of cabbage including green, red, & savoy. The most common type is green.

In Georgia, cabbages are primarily grown in Moultrie. Peak times are spring and fall, but they are available year round.

Once cabbage is cut, it rapidly begins to lose vitamin C.

Overcooking cabbage results in a pungent odor and strong flavor, so it is best to cook the cabbage only until it is crisp-tender.

Cabbage heads can be hollowed out and used as unique serving containers for cold dips & spreads.

CABBAGE

FRESH AND HEALTHY

Cabbage is an inexpensive and versatile food. This vegetable is a member of the cruciferous family which researchers are studying for possible anticancer effects! Try a new recipe and add some delicious farm fresh cabbage to your meal!

Best Time to Buy:
December - March

Cabbage Benefits U!

- High in vitamin C
- Low in calories
- Fat & cholesterol free

1/12 medium head = 25 calories

Add Color to Your Meal

- Sauté or stir-fry
- Shred for raw salads
- Stuff cabbage leaves
- Top a taco with shredded cabbage

CABBAGE

RECIPE CORNER

Stir-Fry Cabbage

1 cabbage
1 bell pepper, if desired
1 onion
1 tablespoon oil
1/2 teaspoon garlic powder
1/2 bouillon cube, low sodium
1/3 cup water
1/4 teaspoon black pepper

Cut up cabbage, pepper and onion. Mix in a bowl. Heat oil in frying pan. Add cabbage mixture and stir-fry for about 1 minute. Immediately add garlic powder, bouillon, and water. Cover pan. When water comes to a boil, turn down heat and simmer for 5 minutes. Add black pepper. Best when served immediately.

Nutrition Facts
Serving Size 1/8 of recipe 154g (154 g)
Servings per container 8

Amount Per Serving	
Calories 55	Calories from Fat 17
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 24mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	14%
Sugars 5g	
Protein 2g	
Vitamin A 12% • Vitamin C	103%
Calcium 5% • Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

FAST FACTS

SELECTION

Choose firm heads that feel heavy for their size. Outer leaves should look fresh, have good color and be free of blemishes.

STORAGE

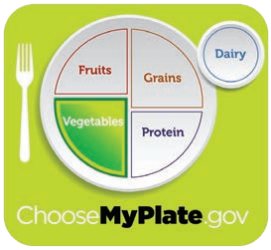
Refrigerate, unwashed, tightly wrapped in a plastic bag for up to a week.

PREPARATION

Do not wash until ready to use. Remove outer leaves. Rinse head, slice in half lengthwise, and cut out core. Cut into wedges or shred.

PRESERVATION

Frozen cabbage is suitable for use only as a cooked vegetable. Select freshly picked, solid heads. Trim coarse outer leaves from head. Cut into medium to coarse shreds or thin wedges, or separate head into leaves. Water blanch 1 1/2 minutes. Cool promptly, drain and package, leaving 1/2-inch headspace. Seal and freeze.



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